

Dear Fellow State Employees:

February is HEART HEALTH MONTH

Learn more on our website, or call The American Heart Association at 1 800-242-8721 for free literature on heart disease.

FOR UPDATED INFORMATION ON:

NUTRITION

FITNESS

MEN'S HEALTH

WOMEN'S HEALTH

THE WOW CONTEST

WOW NEWS

please click to go directly to THE WOW website AT

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html ,

or go to <http://www.michigan.gov/mdcs> and click on Employee Benefits, then Employee Health and Wellness.

Fitness Club & Pedometer Discounts: (Troy and Madison Heights Powerhouses have a new special offer, including Sunday free-guest-day).

Thanks to all WOW contest participants. Check the February WOW News page to learn who won the January WOW Contest; and please try again next month if you have never been selected a winner.

Please note: Although WOW emails have gone to quarterly distribution, the monthly WOW Contest continues, and WOW website content is updated monthly; so remember to visit our pages each month. Look for seasonal updates and information to help you remain healthy through the New Year.

Working On Wellness

The WOW Team

Employee Health & Wellness